

Coming Out Right: A Handbook for the Gay Male

Fred Pond

I initially picked up this book with some humor, thinking: who really needs a guide? However, second thoughts have brought back memories of when I'd wished for a manual, something to read and consider, as I traveled the road developing as a gay person. Initial reactions behind me, I sat down in the shade along a cool river to read.

Authors, Muchmore and Hanson write in their preface, "our purpose is to impart information about what gay men actually

do, not what gay leaders and other well-intentioned people would like them to do." They are hoping their book will serve as a transitional guide for the newly out gay man. I think they are successful, with a few exceptions.

Generally, I can recommend this book for the person new to the gay scene, either young or old. Its nineteen chapters, extensive bibliography, and sources list covers the area fairly completely. The clarity of the text usually leaves nothing

to chance in discussing the various aspects of gay life, particularly helpful in the area of sexual techniques, health, and AIDS. For example, the chapter entitled "First Experience" methodically lists the various ways that gay men have sex (a total of nineteen subchapters--use your imagination). Later, a helpful guide to the abbreviations used in classified ads covers two pages, and follows a detailed description of what one might encounter on a trip to the baths, including a method of wearing a towel so it won't fall off.

Equal time is given to dealing with legal affairs, the police, and employment. Additionally, I must praise the 23 page chapter on medical/psychological problems. This book was first published early in AIDS era of 1982, but the revised edition incorporates the disease into all areas of the book, from sexual encounters to making preparations for estate planning. ▼

Metaphysical Nature of Abuse

Hatfield, MA
Saturday, September 21, 1991

Workshop will focus on the energetic nature and properties of Incest, Alcoholism, and Ritual Abuse and their impact on the physical, mental, emotional and spiritual bodies. Also covered will be the attractions of individuals to others with similar electromagnetic patterns of abuse. The goal will be to remove the energy patterns of abuse from the mental body, the emotional body, the physical body and cellular memory.

Call Marianne for flyer (413) 628-3319.

Health Resource Organizations

AIDS HOTLINES:

Vermont	1-800-882-2437
New Hampshire	1-800-752-2437
New York State	1-800-541-2437
Massachusetts	1-617-522-4090
Maine	1-800-851-2437
National	1-800-342-2437
Canadian	1-613-563-2437

AIDS Community Action Project (ACAP)

c/o Caledonia Home Health Agency
PO Box 383
St. Johnsbury VT 05819
(802) 758-8116

AIDS Community Resource Network (ACoRN)

PO Box 2057
Lebanon NH 03766
(603) 448-4400

Bennington Area AIDS Project

PO Box 1066
Bennington VT 05201
(802) 442-4481 or
1-800-845-2437

Brattleboro AIDS Project

4 High Street, Suite 2-3
Brattleboro VT 05301
(802) 254-4444 (Helpline)
(802) 254-8263 (Office)

Franklin-Grand Isle AIDS Task Force

8 Ferris Street
St. Albans VT 05478
(802) 524-6554

H.E.A.L. Vermont (Holistic Education and AIDS Alternatives Liaison)

PO Box 795
Montpelier VT 05602
(802) 229-4325

Lesbian Cancer Support Group

(802) 660-8386

Northeast Kingdom AIDS Coalition

PO Box 40
Newport VT 05855
(802) 334-2437

North Star (Holistic Health Care)

RR2 Box 3255
Morrisville VT 05661
(802) 888-2858

Vermont AIDS Council

PO Box 275
Montpelier VT 05601
(802) 229-2557

Vermont C.A.R.E.S.

(Committee for AIDS Resources, Education, and Services)
PO Box 5248
30 Elmwood Avenue
Burlington VT 05401
(802) 863-2437 (Burlington)
1-800-649-2437 (Rutland and Washington County support groups)

Vermont Department of Health

1-800-882-2437 (AIDS Hotline) or
(802) 863-7245 (AIDS Program office)

Vermont Women's Health Center

336 North Avenue
Burlington VT 05401
(802) 863-1386